

27 CUMBRIA FAR EASEDALE & HELM CRAG

Distance: 7¼ miles/12.2km Time: 7 hours Grade: Moderate



NORTH WEST

GINGERBREAD PEAKS



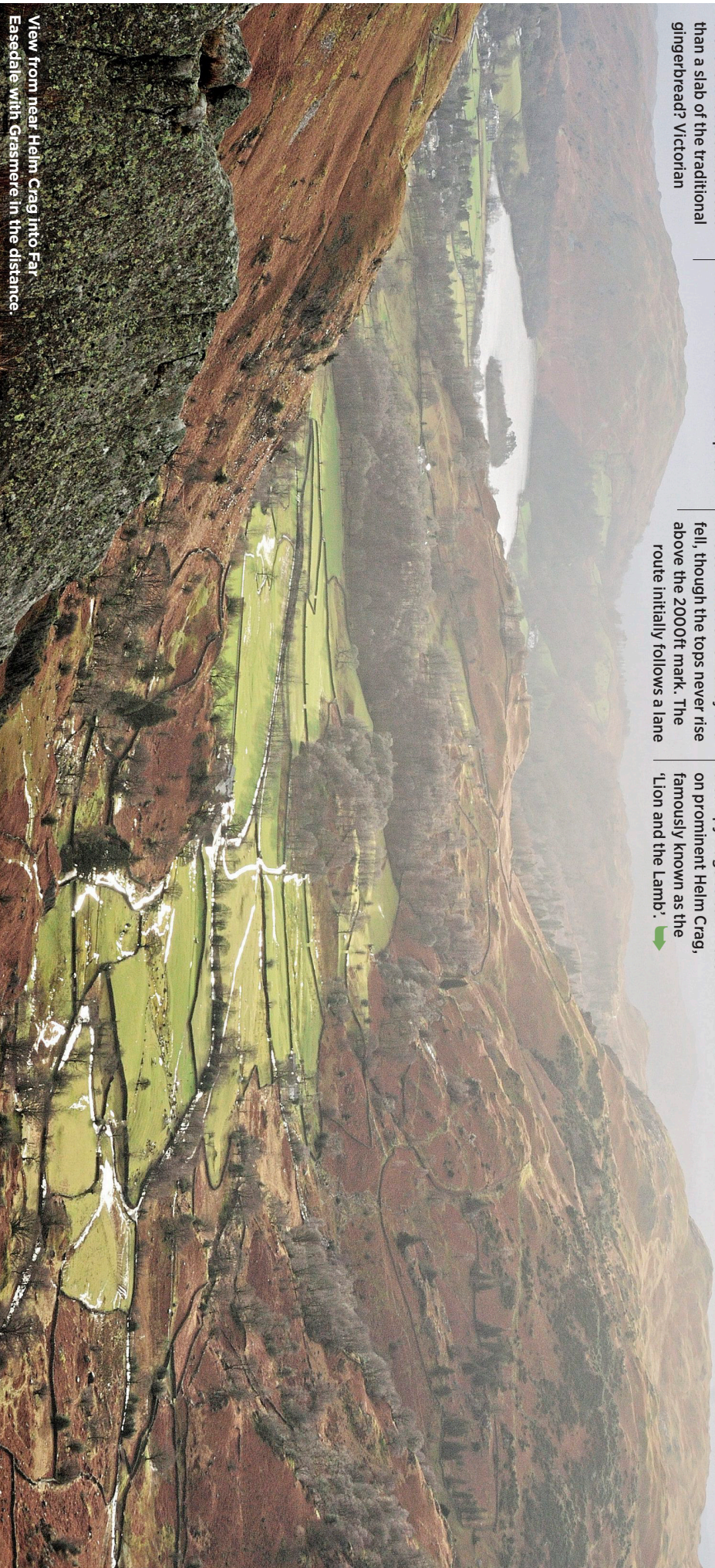
**CHOSEN BY...
ROGER BUTLER**

There are plenty of places to eat in Grasmere, but after a day on the fells what could be better than a slab of the traditional gingerbread? Victorian

cook Sarah Nelson created this spicy-sweet cross between a biscuit and a cake in 1854 – and even today the recipe is kept secret and locked away in a bank vault! The shop-cum-

bakery is based in a tiny schoolhouse dating back to the 1630s, from where packages of gingerbread are posted around the world. This walk offers a fine combination of valley and fell, though the tops never rise above the 2000ft mark. The route initially follows a lane

leading north from Grasmere and continues into the glacial gulch of Far Easedale. It climbs to a saddle at Broadstone Head and then turns along a bumpy ridge to culminate on prominent Helm Crag, famously known as the ‘Lion and the Lamb’. →



View from near Helm Crag into Far Easedale with Grasmere in the distance.

PHOTO: ROGER BUTLER

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OS Explorer map OL5 & OL7 ■ Buy maps at: ordnancesurvey.co.uk/shop

1 Start

From the crossroads in Grasmere, next to bookshop and art gallery, walk NW up Easedale Lane. Pass YHA on R and continue to Goody Bridge. Fork L, pass beck with ford on L and continue over open field to fork R at next junction by houses.

2 1 mile/1.5km

Follow track around bend and walk ahead with wood on R. Continue, with wall on L, and pass barns on R as track becomes path. Keep ahead for 600m, cross footbridge. Turn R up Far Easedale – path becomes more rugged with boggy sections and cascades on R and crags of Deer Fields

on L. Cross Moor Moss, after which stone steps lift path up to col N of Broadstone Head. Here, a junction of paths lies on old Cumberland-Westmorland boundary.

3 3½ miles/5.5km

Turn R, past small tarn, and take path towards start of undulating ridge at Calf Crag, followed by Pike of Carrs. Path crosses number of rocky knolls to reach top of Gibson Knott after almost 2km, with a cairn just to N of path. View back into Far Easedale reveals a jigsaw of walled enclosures.

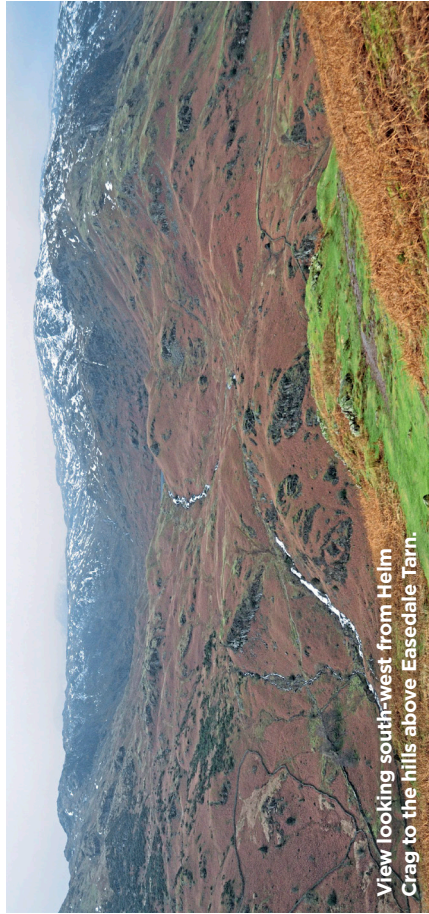
4 5¼ miles/8.5km

Continue SE for 1km, over Bracken House and dip below

the outcrops marking the summit of Helm Crag. The NW protuberance, which requires an airy scramble, is the true summit and has been named as ‘the howitzer’, ‘the old lady playing the organ’ or ‘the lion couchant’. The S outcrop, prominent from Grasmere, is the ‘Lion and the Lamb’.

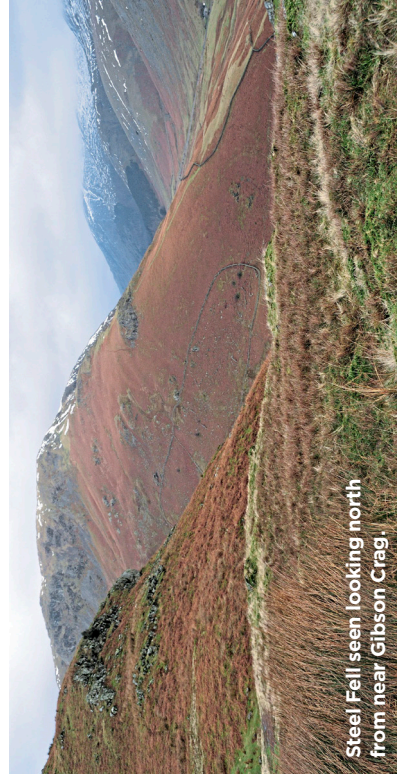
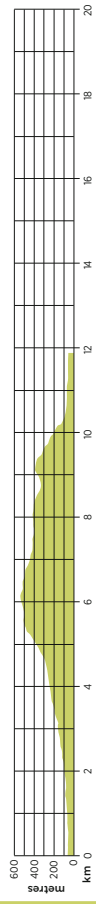
5 6 miles/9.5km

Continue SE from summit and join good path which soon turns W by grassy plateau. Path swings SE below White Crag. Continue down to wall, turn R and follow track to junction. Turn L, go through gate and walk ahead to meet lane. Turn L and re-trace steps into Grasmere. **CW**

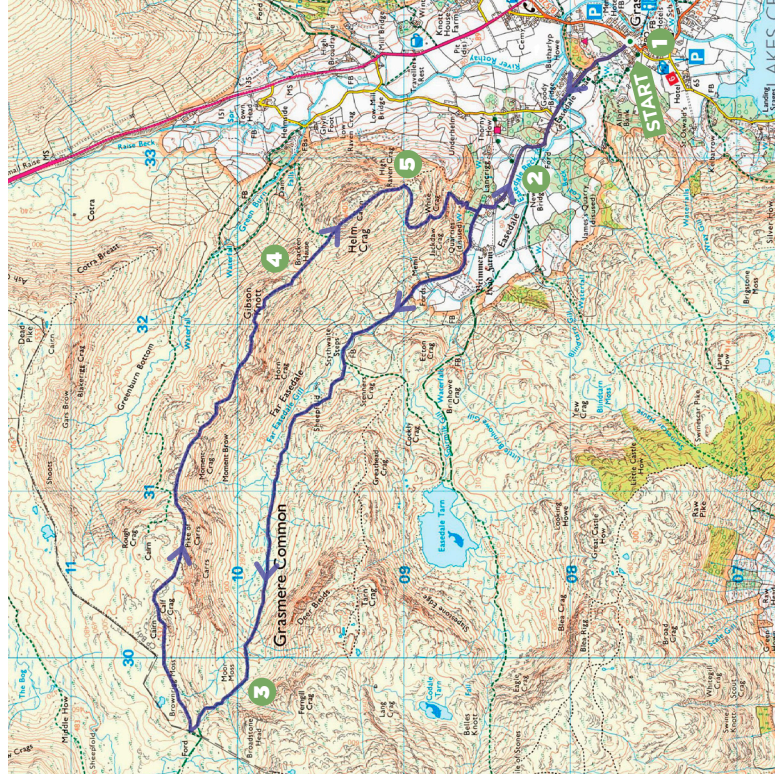


View looking south-west from Helm Crag to the hills above Easedale Tarn.

GRADIENT PROFILE



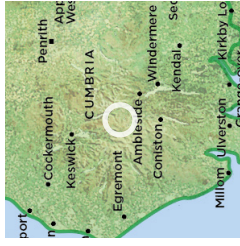
Steel Fell seen looking north from near Gibson Crag.



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PLAN YOUR WALK



ROUTE

Start/parking Grasmere village, grid ref NY336075, postcode LA22 9SY. Two P&D car parks (Red Bank Road and Stock Lane)

Is it for me? Typical Lakeland fell walk with established paths, but don't venture onto 'the howitzer' if you're not a confident scrambler

Stiles None

PLANNING

Nearest town Ambleside
Refreshments Choice in Grasmere, plus the famous gingerbread shop

Public toilets Grasmere, near start and Stock Lane

Public transport Nearest station Windermere. Buses 555/599 to Grasmere (stagecoachbus.com)

Maps OS Explorer OL5 & OL7; Landranger 90

VIEW THE WALK ON OS MAPS ONLINE:

walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING